



# SALLISAW PUBLIC SCHOOLS

## Liberty Elementary School

### Breakfast and Lunch Menu

September 2022



Available to Kindergarten, First, Second and Transition: Turkey & Cheese or Ham & Cheese Sandwich, Fruit, Veggie, Chips and Milk

No Sack Lunches Available

Breakfast and Lunch Served with variety milk choice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>Sallisaw Public Schools is proud to announce that Breakfast and Lunch will be served FREE to Liberty, Eastside and Sallisaw Middle School for the 2022-2023 school year.</p>		
5	6	7	8	9
NO SCHOOL	Cinnamon Toast Fruit Juice, Milk	Pancakes Fruit Juice, Milk	Cereal & WG Toast Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
	<b>CornDog</b> Broccoli w/ Cheese Sauce Fruit Salad Bar Milk	<b>Chicken Nuggets</b> Mashed Potatoes & Gravy Hot Roll Fruit Salad Bar Milk	<b>Beef and Cheese Nachos</b> Refried Beans Salsa Fruit Salad Bar Milk	<b>Cheese Pizza</b> Tossed Salad Fruit Salad Bar Jello Milk
12	13	14	15	16
Breakfast Pizza Fruit Juice, Milk	Yogurt and Grahams Fruit Juice, Milk	Mini Waffles Fruit Juice, Milk	Biscuits and Gravy Sausage and Fruit Juice, Milk	
<b>Hamburger</b> French Fries Fruit Salad Bar Milk	<b>Vegetable Beef Soup</b> Cheese Stick Salad Bar Cinnamon Roll Juice Milk	<b>Baked Chicken Legs</b> Mashed Potatoes & Gravy Hot Roll Fruit Salad Bar Milk	<b>Chicken Quesadilla</b> Refried Beans Salsa and Chips Fruit Salad Bar Milk	<b>Professional Day</b> 
19	20	21	22	23
Sausage Biscuit Fruit Juice, Milk	Blueberry Muffin Bread Fruit Juice, Milk	Pop Tarts Fruit Juice, Milk	Biscuits and Gravy Sausage and Fruit Juice, Milk	Cereal and WG Toast Fruit Juice, Milk
<b>Ham and Cheese Flatbread</b> Pork n Beans Potato Chips Fruit Salad Bar Milk	<b>Spaghetti w/ Meat Sauce</b> Green Beans String Cheese Breadsticks Fruit and Salad Bar Milk	<b>Breakfast for Lunch</b> Scrambled Eggs and Sausage Hashbrown Wheat Toast Fruit Juice, Milk	<b>Chicken Taco</b> Sweet Corn Salsa and Chips Fruit Salad Bar Milk	<b>Sausage Pizza</b> Fresh Broccoli w/ Ranch Dip Fruit Salad Bar Pudding Milk
26	27	28	29	30
Breakfast Pizza Fruit Juice, Milk	Donut Sticks Fruit Juice, Milk	French Toast Sticks Fruit Juice, Milk	Biscuits and Gravy Sausage and Fruit Juice, Milk	Cereal and WG Toast Fruit Juice, Milk
<b>Chili Dog</b> Potato Wedges Fruit Salad Bar Cookie Milk	<b>Chicken Spaghetti</b> Green Beans Breadsticks Fruit Salad Bar Milk	<b>BBQ Smokies</b> Mashed Potatoes and Gravy Hot Roll Fruit Salad Bar Milk	<b>Burrito w/ Cheese Sauce</b> Spanish Rice Salsa and Chips Fruit Salad Bar Milk	<b>Toasted Cheese Sandwich</b> Pork n Beans Strawberries and Cake Salad Bar Milk

\*\*\*Menu Subject to Change According to Product Availability\*\*\*

This institution is an equal opportunity provider.